

GROUP FITNESS

SUMMER 2017

COME GET YOUR SWEAT ON DURING OUR SUMMER FITNESS PROGRAMMING! THESE HIGH-ENERGY WORKOUTS WILL ADD VARIATION TO YOUR ROUTINE WHILE YOU ENJOY A SMALL GROUP TRAINING SETTING.

REGISTER AT THE RECPLEX WELCOME DESK. BOTH CLASSES WILL TAKE PLACE IN STUDIO A ON THE MEZZANINE FLOOR OF THE RECPLEX.

SUMMER SESSION I: MAY 22–JUNE 22 • SUMMER SESSION II: JUNE 26–AUGUST 3

TABATA BOOTCAMP

TIME: 5:00–5:50pm
Mondays & Wednesdays
(Session I, no class Monday, May 29)

COST: \$25 per session

INSTRUCTOR: Meg

This tabata workout consists of short bursts of high-intensity exercise followed by short recovery periods, focusing on building stamina and strength while targeting muscles of the entire body. Be prepared to work, sweat, and smile!

BODY BLAST

TIME: 12:30–1:20pm
Tuesdays & Thursdays
(Session II, no class Tuesday, July 4)

COST: \$25 per session

INSTRUCTOR: Jen

This total body workout burns fat and builds muscles using various methods of cardio and strength training. Be prepared for a high-intensity and fast-paced workout!

PURCHASE BOTH CLASSES IN A SESSION FOR \$40!

Visit go.udayton.edu/campusrec for more details or email jbrandt1@udayton.edu.